

CIA/OCI/BRIEF 114-75  
23 JULY 1975

Approved For Release 2001/08/21 : CIA-RDP85T00608R000300010016-2

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**Abstract**—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not participate in any physical activity during the study. The training group consisted of 10 men who participated in a 10-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed at a heart rate of 150 beats per minute. The HR and HRR were measured at the beginning and end of the study. The results showed that the training group had a significantly higher HR and HRR at the end of the study compared to the control group. The HR increased from 140 to 150 beats per minute, and the HRR increased from 10 to 15 beats per minute. The control group showed no significant change in HR and HRR. The results suggest that a 10-week training program can improve the HR and HRR of sedentary middle-aged men.

EUROPEAN BRIEF 114-75.4

1. PORTUGAL: THE REJECTION BY TWO SOCIALIST PARTY OFFICIALS OF A REQUEST THAT THEY JOIN THE CABINET APPARENTLY REFLECTS THEIR PARTY'S CONTINUED COMMITMENT TO A JOINT STRATEGY WITH REVOLUTIONARY COUNCIL MODERATES OF PREVENTING PRIME MINISTER VASCO GONCALVES FROM FORMING A NEW GOVERNMENT.4

THE TWO SOCIALIST LEADERS, CONSTITUENT ASSEMBLY LEADER ANTONIO LOPES CARDOSO AND AN UNIDENTIFIED PARTY OFFICIAL, REPORTEDLY DECLINED TO ACCEPT CABINET POSTS DURING A MEETING WITH PRESIDENT COSTA GOMES ON MONDAY. THE SOCIALIST REFUSAL IGNORES AN EARLIER APPEAL BY THE ARMED FORCES MOVEMENT CALLING ON ALL PARTIES TO PLACE THE NATIONAL INTEREST ABOVE PARTISAN CONSIDERATIONS DURING THE PRESENT CRISIS.4

GONCALVES' POSITION WAS FURTHER ERODED ON TUESDAY BY THE ANNOUNCED RESIGNATION OF THREE MORE NON-COMMUNIST MEMBERS OF THE FORMER CABINET. THE MINISTERS OF

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INTERTERRITORIAL AFFAIRS, EXTERNAL TRADE, AND SOCIAL  
 INFRASTRUCTURE AND ENVIRONMENT REPORTEDLY SAID THEY  
 WOULD REFUSE TO TAKE PART IN THE NEW GOVERNMENT. THE  
 FIRST TWO ARE INDEPENDENTS WITH SOCIALIST SYMPATHIES,  
 BUT THE THIRD WAS A PERSONAL FRIEND OF THE PRIME MINISTER.

THE PRIME MINISTER APPARENTLY HAS ALSO BEEN  
 DESERTED BY HIS KEY LEFTIST ECONOMIC ADVISERS IN THE  
 FORMER CABINET. THE REVOLUTIONARY COUNCIL HAS SET A  
 DEADLINE OF LATE JULY FOR THE CABINET TO SOLVE  
 PORTUGAL'S DEEPENING ECONOMIC CRISIS. SINCE NO  
 PROGRESS HAS BEEN MADE, THESE MINISTERS—WHO ARE  
 CLOSELY IDENTIFIED WITH GONCALVES' ECONOMIC  
 FAILURES—PROBABLY FEEL THERE IS LITTLE POINT IN  
 ACCEPTING POSTS IN THE NEW CABINET.

ACCORDING TO SOURCES CLOSE TO SOCIALIST PARTY CHIEF SOARES, 20 MEMBERS  
 OF THE 30 REVOLUTIONARY COUNCIL MEMBERS VOTED AGAINST  
 GONCALVES IN A PRELIMINARY BALLOT ON MONDAY. HE  
 REPORTEDLY WAS GIVEN UNTIL TOMORROW TO FORM A

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MEANWHILE, ANTI-COMMUNIST MOBS DEFIED AN APPEAL BY THE REVOLUTIONARY COUNCIL FOR CALM BY CONTINUING THEIR ATTACKS ON COMMUNIST PARTY HEADQUARTERS AND OFFICIALS IN NORTHERN AND CENTRAL PORTUGAL ON TUESDAY.

COMMUNIST PARTY OFFICES IN WIDELY SCATTERED AREAS WERE SACKED AND BURNED AND GOVERNMENT SECURITY FORCES WERE FORCED TO INTERVENE TO RESCUE BELEAGUERED COMMUNIST OFFICIALS.4

IN LIGHT OF INCREASING PRESSURES UPON THE COMMUNISTS, A STRONG REACTION ON THEIR PART CANNOT BE RULED OUT. IN THE EVENT OF A SHOWDOWN, CONTROL OF THE SECURITY FORCES WILL BE CRITICAL. FOLLOWING THE DEPARTURE FOR CUBA ON MONDAY BY THE FORCES. LEFTIST BUT ANTI-COMMUNIST COMMANDER, GENERAL OTELO DE CARVALHO, ARMY CHIEF OF STAFF FABIAO WAS DISCLOSED ON TUESDAY TO HAVE POSTPONED A SCHEDULED TRIP TO LONDON. FABIAO IS GENERALLY CONSIDERED ALIGNED WITH THE MODERATES.4

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IN ADDITION TO ITS APPEAL FOR ORDER, ISSUED FOLLOWING A MARATHON MEETING WHICH LASTED UNTIL EARLY TUESDAY MORNING, THE REVOLUTIONARY COUNCIL ANNOUNCED THAT IT WAS CONTINUING TO REVIEW THE PRESENT POLITICAL SITUATION. THE COUNCIL COMMUNIQUE ALSO SAID THAT REPORTS HAD BEEN PRESENTED ON RECENT DEVELOPMENTS IN ANGOLA AND THE AZORES. IT IS PROBABLE THAT THE CURRENT TURMOIL IN LISBON IS PROVIDING ENCOURAGEMENT TO AZOREAN SEPARATISTS, WHO ARE APPREHENSIVE OVER COMMUNIST INFLUENCE ON THE MAINLAND. (UNRECORDED)

2. SPAIN: PRIME MINISTER ARIAS HAS SUFFERED YET ANOTHER SETBACK IN HIS DRIVE TO ENCOURAGE THE ESTABLISHMENT OF GOVERNMENT-APPROVED ASSOCIATIONS TO SERVE AS FORERUNNERS OF POLITICAL PARTIES.4

EARLIER THIS MONTH, A GROUP OF MODERATES--MOST OF WHOM HAD BEEN ASSOCIATED WITH THE REGIME AT ONE TIME OR ANOTHER--FORMALLY CONSTITUTED A POLITICAL ACTION GROUP UNDER THE GUISE OF A RESEARCH CORPORATION. THE LARGELY CENTER-RIGHT GROUP REFUSED

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TO APPLY FOR STATUS AS A POLITICAL ASSOCIATION BECAUSE THIS  
WOULD HAVE REQUIRED THE APPROVAL OF THE FRANCO REGIME'S  
NATIONAL MOVEMENT.Y

THE FOUNDERS OF THE NEW ORGANIZATION, TO BE KNOWN AS THE  
INDEPENDENT STUDIES FEDERATION (FEDISA) STATED THAT THEIR PURPOSE  
IS TO STUDY POLITICAL, SOCIAL, AND ECONOMIC PROBLEMS CONFRONTING  
SPAIN.Y

THE IMPRESSIVE POLITICAL CREDENTIALS OF THE FOUNDERS WILL  
MAKE FEDISA AN IMPORTANT PRESSURE GROUP. THE MOST PROMINENT  
MEMBER IS MANUEL FRAGA IRIBARNE, CURRENTLY AMBASSADOR TO LONDON,  
WHO EARLIER THIS YEAR DECIDED NOT TO FORM A POLITICAL ASSOCIATION  
AFTER THE REGIME FAILED TO PROVIDE SUFFICIENT GUARANTEES OF  
FREEDOM OF ACTION.Y

BY INCORPORATING AS A RESEARCH CORPORATION, FRAGA  
AND OTHER FOUNDERS OF FEDISA HAVE SIGNALLED THEIR INTENTION  
TO HAVE A POLITICAL VOICE, WHILE REMAINING ALOOF FROM  
REGIME-SPONSORED SCHEMES TO PROMOTE POLITICAL ASSOCIATIONS.  
THE MOVE FOLLOWS THE RECENT FORMATION OF A CENTER-LEFT

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THE FRANCO GOVERNMENT REPORTEDLY IS ANGERED AT THE FORMATION OF FEDISA OUTSIDE THE FRAMEWORK OF THE POLITICAL ASSOCIATIONS STATUTE. THE NEWLY APPOINTED MINISTER OF THE NATIONAL MOVEMENT CALLED THE DEVICE OF INCORPORATION "A FRAUD AGAINST THE NATION."

IN THE PERIOD SINCE LAST JANUARY, WHEN THE STATUTE ON  
POLITICAL ASSOCIATIONS TOOK EFFECT, ONLY FIVE--LARGELY  
RIGHTIST--REGIME-ORIENTED POLITICAL ASSOCIATIONS HAVE BEEN  
APPROVED BY THE GOVERNMENT. ON THE OTHER HAND, THE  
CLANDESTINE OPPOSITION PARTIES, INCLUDING THE SOCIALISTS AND  
THE CHRISTIAN DEMOCRATS, ARE GRADUALLY BEING DRAWN INTO  
THE DEMOCRATIC CONFERENCE, A CLANDESTINE GROUPING WHICH IS  
EMERGING AS A RIVAL OF THE COMMUNIST-DOMINATED DEMOCRATIC JUNTA  
FORMED IN PARIS LAST SUMMER. (CONFIDENTIAL)

3. USSR: TASS ANNOUNCED ON JULY 28 THAT DEPUTY MINISTER OF CULTURE ZINAIDA M. KRUGLOVA HAS BEEN NAMED CHAIR-

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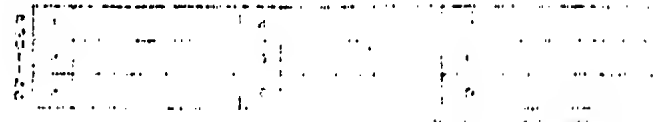
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THE 52-YEAR-OLD KRUGLOVA TAKES OVER HER NEW POST FROM NINA V. POPOVA, 67, WHO IS RETIRING. POPOVA'S RANK AS FULL MEMBER OF THE CENTRAL COMMITTEE MAY BE GIVEN TO KRUGLOVA AT THE NEXT PARTY CONGRESS IN FEBRUARY. KRUGLOVA IS NOW A MEMBER OF THE CENTRAL AUDITING COMMISSION, A RANK SHE ATTAINED BY VIRTUE OF HER FORMER PARTY POST IN LENINGRAD.4

NO REPLACEMENT HAS YET BEEN NAMED FOR KRUGLOVA  
IN THE MINISTRY. IF THIS DOES NOT OCCUR SOON, IT  
WILL ADD ONE MORE TO THE GROWING NUMBER OF VACANCIES  
IN THE PARTY AND GOVERNMENT CULTURAL/PROPAGANDA AP-  
PARATUS. THE MOST IMPORTANT OF THESE IS DENICHEV'S  
FORMER POST OF PARTY SECRETARY FOR CULTURE AND PROP-  
AGANDA, WHICH HE RELINQUISHED AT THE DECEMBER 31974  
CENTRAL COMMITTEE PLENUM. THE LEADERSHIP'S FAILURE  
TO FILL THIS AND RELATED LESSER POSTS HAS RESULTED  
IN AN AD HOC APPROACH TO CULTURAL AFFAIRS, CHARACTERIZED

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BY ARBITRARINESS AND DRIFT AGAINST A BACKGROUND  
OF A GENERAL, BUT OFTEN INCONSISTENT, CRACKDOWN ON  
NONCONFORMISM. (CONFIDENTIAL) E-2 IMPDET.H

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**WESTERN HEMISPHERE BRIEF 114-75.4**

**PANAMA: PANAMA'S ECONOMY, THOUGH LESS BUOYANT THAN IN THE PAST SEVERAL YEARS, IS HOLDING ITS OWN THROUGH THE WORLDWIDE RECESSION. LAST YEAR, REAL ECONOMIC GROWTH WAS 3.5 PERCENT, LOW FOR PANAMA BUT RESPECTABLE IN THE WORLD CONTEXT. THE ECONOMY PROBABLY IS STILL GROWING AT NEARLY THIS RATE.4**

**THE GOVERNMENT IS UNDER NO SERIOUS FINANCIAL PRESSURE. IT HAS BEEN ABLE TO BORROW AT ATTRACTIVE RATES ON WORLD MONEY MARKETS TO FINANCE MAJOR CAPITAL INVESTMENTS, AND IT WILL BE ABLE TO COVER A SMALL DEFICIT WITHOUT DIFFICULTY. DEBT SERVICE, WHICH ACCOUNTED FOR 30 PERCENT OF THE BUDGET IN 1973, IS DOWN TO 24 PERCENT THIS YEAR.4**

**AN 80-PERCENT JUMP IN PANAMA'S INTERNATIONAL CURRENT ACCOUNT DEFICIT IN 1974 WAS EASILY OFFSET BY THE FLOW OF CAPITAL INTO THE COUNTRY, ESPECIALLY INTO PANAMA'S STEADILY EXPANDING BANKING BUSINESS. THIS YEAR, THE GOVERNMENT EXPECTS A REDUCTION IN THE CURRENT ACCOUNT DEFICIT.4**

**SALES OF REFINED PETROLEUM PRODUCTS--PANAMA'S LEADING EXPORT-- ARE UP, HELPING TO OFFSET THE HIGHER COSTS OF IMPORTED CRUDE OIL.**

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MOREOVER, \$17 MILLION IN NEW FINANCING WILL BE AVAILABLE UNDER VENEZUELA'S REBATE PROGRAM. PANAMA ALSO EXPECTS TO OBTAIN \$41 MILLION FROM THE INTERNATIONAL MONETARY FUND'S OIL FACILITY.

THE ECONOMIC SLOWDOWN IS NOT LIKELY TO INDUCE PANAMANIAN LEADER TORRIJOS TO MAKE CONCESSIONS IN THE CANAL TREATY NEGOTIATIONS.

ALTHOUGH INCREASED COMPENSATION FROM CANAL OPERATIONS WOULD PERMIT SPENDING ON PROGRAMS THAT HAVE BEEN CUT BACK AS AN AUSTERITY MOVE, NO PLAUSIBLE LEVEL OF COMPENSATION WOULD BE LARGE ENOUGH TO EXERT MUCH LEVERAGE IN VIEW OF PANAMA'S GENERALLY SOLID FINANCIAL POSITION. (CONFIDENTIAL) E-2 IMPDET.H

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. EAST ASIA BRIEF 114-75.4

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MIDDLE EAST AFRICA BRIEF 114-75.4

1 2. ANGOLA: A MILITARY DRIVE ON LUANDA BY THE NATIONAL FRONT FOR THE LIBERATION OF ANGOLA, LAUNCHED LAST WEEKEND FROM ITS TRIBAL BASE IN NORTHERN ANGOLA, HAS BECOME STALLED IN THE VICINITY OF CAXITO, SOME 40 MILES NORTHEAST OF THE CAPITAL. THIS AREA IS DOMINATED BY THE RIVAL POPULAR MOVEMENT FOR THE LIBERATION OF ANGOLA, AND THE NATIONAL FRONT MAY NOT BE ABLE TO MUSTER THE RESOURCES NECESSARY TO PUSH THROUGH TO LUANDA, FROM WHICH IT WAS LARGELY DRIVEN OUT LAST WEEK-4.

THE SKIRMISHING IN CAXITO APPARENTLY HAS CONVINCED THE AUTHORITIES IN LUANDA THAT THE FRONT INTENDS TO FIGHT ITS WAY BACK INTO THE CAPITAL. THE PORTUGUESE ARMED FORCES COMMANDER HAS ORDERED HIS TROOPS TO ESTABLISH A PERIMETER AROUND THE CITY TO PROTECT IT AGAINST AN OFFENSIVE BY THE FRONT. OSTENSIBLY, THE COMMANDER HOPES TO AVERT FURTHER BLOODSHED IN THE CITY. IN EFFECT,

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HOWEVER, HIS PLAN WILL HELP DEFEND THE CITY FOR THE  
POPULAR MOVEMENT IF THE NATIONAL FRONT BREAKS THROUGH  
AT CAXITO AND CONTINUES ITS MARCH.4

THE FRONT APPARENTLY STILL HAS SOME  
TROOPS IN THE LUANDA AREA. THEY HAVE BARRICADED  
THEMSELVES IN AN INDUSTRIAL COMPLEX JUST NORTH OF THE  
CITY. THE POPULAR MOVEMENT FORCES ARE HOLDING BACK FROM  
A FINAL ATTEMPT TO DISLODGE THE FRONT TROOPS BECAUSE THE  
LATTER ARE HOLDING PRISONERS BELONGING TO THE POPULAR  
MOVEMENT. (CONFIDENTIAL)4

2. ETHIOPIA: DURING THE PAST WEEK, VIOLENCE HAS BEEN  
ON THE UPSWING IN AND AROUND ASHARA, THE CAPITAL OF ERITREA  
PROVINCE.4

ON JULY 17, ONE OF THE LARGEST ENGAGEMENTS IN SEVERAL WEEKS  
OCCURRED SOUTH OF ASHARA, WHERE THE REBELS AMBUSHED FOUR TRUCKLOADS  
OF GOVERNMENT SOLDIERS. OVER 50 WERE KILLED. HEAVY AUTOMATIC  
WEAPONS FIRE WAS HEARD ON TUESDAY IN THE CITY, AND GOVERNMENT  
AIRCRAFT BOMBED AND STRAFED A VILLAGE ABOUT SEVEN MILES WEST OF

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ASSASSINATION TEAMS OF ERITREAN REBELS LAST WEEK KILLED FOUR GOVERNMENT INFORMERS. ALL THE ASSASSINS ESCAPED. IN REPRISAL, GOVERNMENT SECURITY FORCES KILLED AT LEAST 30 ERITREANS. GOVERNMENT FORCES REPORTEDLY HAVE DECLARED THEY WILL KILL TWO OR THREE ERITREANS FOR EACH SOLDIER OR GOVERNMENT SUPPORTER KILLED BY THE REBELS.

GOVERNMENT FORCES ARE ESPECIALLY TENSE BECAUSE GENERAL TEFERT BENTIL, THE HEAD OF THE RULING MILITARY COUNCIL, IS VISITING THE PROVINCE. STRINGENT SECURITY MEASURES ARE IN EFFECT, INCLUDING INCREASED PATROLS BY ARMY AND POLICE UNITS. SECURITY FORCES HAVE ALSO ROUNDED UP A LARGE NUMBER OF ASMARA RESIDENTS SUSPECTED OF BEING REBEL SYMPATHIZERS; SOME REPORTEDLY WERE EXECUTED. (CONFIDENTIAL) E-2 IMPDET.H

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COORDINATING OFFICERS

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